

### AMENDMENTS TO THE CLAIMS

1-15 (Canceled).

16 (New). A method of repeatedly using a novelty sports apparatus in a dramatic and humorous way to relieve frustration and stress comprising:

- (i) obtaining a novelty sports apparatus having a shaft comprising a first end section, a second end section, a first insert,
- (ii) obtaining a second insert,
- (iii) releasably inserting the first insert between the first and second end sections, to join the first and second end sections together in a normally mutually straight orientation with respect to the first insert, each first and second insert comprising resilient polymer material having an elastic memory to allow bending of the first and second ends sections from the normally mutually straighten orientation in response to a bending force and the return of the first and second end sections of the shaft to the normally mutually straighten orientation once the bending force is removed, each first and second insert also comprising an annular score line about which the first and second end sections of the shaft resiliently bend until a maximum bend angle of at least 25 degrees is reached and along which the respective insert breaks when the maximum bend angle is exceeded;
- (iv) with the first insert joining the first and second end sections of the shaft in the normally mutually straighten orientation, grasping the first end section of the shaft with one hand on one side of the score line;
- (v) with the first insert joining first and second end sections of the shaft in the normally mutually straighten orientation, holding the second end section of the shaft with a second hand on an opposite side of the score line;
- (vi) applying a bending force to bend the first and second end sections of the shaft from the normally mutually straighten orientation to a bend angle less than the maximum bend angle;
- (vii) selecting between a bend option (1) and a bend option (2), the bend option (1) comprising releasing the bending force to allow the resilient return of the first and second end sections of the shaft to the normally mutually straighten orientation, and the bend option (2)

comprising continuing to apply the bending force to bend the first and second end sections of shaft beyond the maximum bend angle to break the first insert;

(viii) if bend option (2) is selected, releasing the first insert from the first and second end sections and releasably inserting the second insert between the first and second end sections to rejoin the first and second end sections together in the normally mutually straight orientation, and

(ix) repeating (iv), (v), (vi), and (vii) with the first and second end sections joined together by the second insert.